

Angel Road Junior Newsletter



NEWS

23rd March 2018

Healthy Parent Cafes

Thank you to everyone who came to our Healthy Parent Cafes on Monday and Tuesday. They were a huge success and also gave us some great, new ideas for the next academic year. It was great for our children to see so many of their parents exercising, getting sweaty but also having fun. We want our children to see exercise as a normal thing for adults to do, and not just something sporty people do, so when they are older they take responsibility for their own healthy lifestyle. Some important

nutrition facts to remember are:

- Healthy eating means eating lots of fruit and vegetables and eating some starchy food (bread, potatoes, rice and pasta) with every meal.
- To stay healthy you should eat foods containing lots of fibre and lots of vitamins.
- We need to eat and drink milk and dairy foods to keep our bones healthy.
- We need to eat meat, fish, eggs and/or beans to help our muscles grow and repair.
- Eat 5 different portions of fruit and vegetables every day.

Snacks that we recommend for break and lunchtime are:

Fruit smoothies, yoghurt, fruit, muesli bars, milk and fresh fruit juice. Please be careful with cereal bars and fruit roll ups as some can contain lots of sugar.

World Book Day

As the school was closed due to the weather conditions on World Book Day, we have decided to

re-arrange it for **Wednesday 28th March**.

We would love to see lots of children dressed as book characters, but if your child doesn't want to then they should come to school in normal school uniform.

MSA Vacancy - Angel Road Junior School

Angel Road Junior School is looking to employ a Midday Supervisor to start as soon as possible. The right person will need to have a calm, caring and friendly manner and enjoy working with children. Priority will be given to candidates with prior experience of working with children, or candidates with an NVQ or Childcare qualification.

Duties will include the supervision of pupils over the lunchtime period ensuring the safety and well-being of pupils in the dining room (includes some table-cleaning duties, and chair stacking), playground duty to engage with children through play and encourage interaction with other children and classroom supervision during wet play time.

Hours of work will be 12.25pm to 1.35 pm, Monday to Friday, term time only.

Please contact either school office to request an application form and return to Justine Sykes the School Business Manager when completed.

Year 3 Holt Hall Survival Day

3H are now going on Monday 16th April and 3B are going on Wednesday 18th April. Children will need to wear warm clothing, bring a waterproof jacket, trousers and wellies, a packed lunch, drink and long hair should be tied back.

Year 5 Football Report

On Tuesday 20th March the year 5 football team played Eaton Junior School in the league. We went 3 goals behind in the first 5 minutes. On the stroke of half time we gave away a penalty which they scored. In the second half we only let in one goal which was a brilliant strike. We had some good spells in the match as well as some bad spells. The score line was 5 – 0 to Eaton.

Match report written by Owen Jenkins.

Fantasy Football Maths Challenge

Mr Newnes' squad 'ARJS #1' is worth a total of £100.9 million. If he has £2.3 million in the bank and his bench is worth £28.8 million, what is the value of his playing team?

COMMUNITY NEWS

Easter Holidays at OPEN Youth Trust

There are some fantastic fun activities planned for the holiday period at the OPEN.

The activity days are diverse and run from 10.00am-3.00pm for children aged 4-6 & aged 7-12 .

Every penny of income made through the above activities goes directly to the benefit of young people.

For more information, please visit the OPEN website or call them on 01603 774350 (bursaries also available for low-income families)

**Silver Road Community Centre
Easter Table Top and Craft Fayre
Sunday 25th March 2018**

From 12-4pm

For enquiries call Julie on 07786694325 or email jewills064@aol.com

DATES FOR YOUR DIARY

Tues 27th March - Y6 Maths Café - parents welcome from 2:15 to 3:00pm

Wed 28th March - **Dress up for World Book Day**
School closes for Easter Holiday

Mon 16th April - School opens for Summer Term

Year 4 Zootastic
3H Holt Hall Survival Day

Weds 18th April - 3B Holt Hall Survival Day

Mon 23rd April - Yr 6 SATS Run

Mon 14th May - Yr 6 SATS

23rd -25th May - Yr 6 Hautbois

Thurs 24th May - Yr 3 Play

Fri 25th May - Aiming High Day

School close for half term

Premier

You are invited to our...

Premier Camps!

Sport and performing arts Easter camps for 4'-12 year olds.

Premier Camps are the ultimate healthy childcare choice this Easter. Plus our **NEW Multi Activity camps** mean your child can choose from exciting new activities including arts and crafts, laser tag, team building activities and much more!

20% OFF
Book online before 5th March using code **Norfolk** and save!

Book online and save £5!
Visit camps.premier-education.com or alternatively call 01953 499 040
**Offline bookings incur an additional £5 charge.